

## CAT CHAT® APPROVED CANNED FOODS

*To make feeding canned food super-simple, you can download and print this list to take with you to the store. [ Watch out or you'll become a "feline foodie" (like some of the good cat-loving people who have supplied me with these names) and wind up bringing extra copies of this with you to convert other cat-lovers who don't yet know the importance of feeding wet food only!].*

—Tracie Hotchner, author of *The Cat Bible: Everything Your Cat Expects You to Know*, & creator/host of CAT CHAT® on the Martha Stewart Radio on Sirius satellite Channel #112 & XM #157.

There are an impressive number of websites devoted to educating people about good nutritional health and practices for their cats. They are full of product suggestions and other specific advice for managing cats who are well and those who aren't. Dr Lisa Pierson is a vet renowned for her championing of feline nutrition with her website [www.catinfo.org](http://www.catinfo.org). Another excellent site is [www.catnutrition.org](http://www.catnutrition.org). These two and other sites can be accessed through [www.felineoutreach.com](http://www.felineoutreach.com), a not-for-profit group dedicated to educating cat caregivers and providing them with assistance.

### THE LIST OF CAT CHAT® APPROVED CANNED FOODS

There's no doubt that the best food for a cat is high quality protein, which you can either prepare, or get from one of the better pet food companies.

**IMPORTANT NOTE: *Grain-free does not necessarily mean carbohydrate-free.***

You may still need to check the label, since rice and potatoes are still added to some of the grain-free foods. However, it should mean no corn, wheat or other grains and only minimal fruits or vegetables, if any.

#### Premium Grain-Free Foods

Avoderm Natural Select Cuts  
 Evo (the high end of Innova)  
 Merrick (some contain grains- read label)  
 Natures Variety Prairie  
 Nutro Natural Choice  
 Tikki  
 Wellness (double check for rice on some flavors)  
 Weruva  
 Wysong Au jus (incomplete - requires supplementation)

#### Good Quality Foods – with grains but no wheat, soy or corn

California Natural  
 Canine Caviar for cats  
 Eagle Pack  
 Evolve Natural Chicken Formula  
 Drs Foster & Smith (Chicken Formula)  
 Felidae (from the Canidae company)  
 Halo's Spot Stew for Cats Original Flavor  
 Merrick  
 Natural Balance (*only* the Chicken & Liver pate)  
 Natural Life

Nature's Logic  
 Newman's Own  
 Nutro Max  
 Petguard (check label- some have wheat)  
 Pet Promise  
 Pinnacle  
 Precise  
 Solid gold  
 Timberwolf organics  
 Trader Joe's  
 Wysong

## GOOD SUPERMARKET FOODS

If you have been listening to Cat Chat® and want to toss out your cat's dry food (hurray!) but are concerned about the cost of feeding cans -- or want the convenience of shopping for your cat when you shop for yourself -- good news is here. We've all worried that cat foods at the supermarket might be sub-standard, but it turns out not to be true. The list that follows was lovingly compiled by Lynette Ackman, who has started a non-profit group called "Feline Outreach" ([www.felineoutreach.com](http://www.felineoutreach.com)) to educate and support cat caregivers. Lynette reads all the cans at the supermarket and here are her list of personal favorites for the person on a budget - and what she often uses for her foster cats. Please note that many of these foods contain beef, fish, "meat" (of unknown origin), or even a small amount of grains. Therefore, they may be inappropriate for cats with food allergies or gastro-intestinal disorders. Fish should be fed sparingly, but can serve as an excellent tool for transitioning cats on to canned food. Likewise, liver can be addictive, and should not be fed in large amounts.

\* **Whiskas Savory Ground Pate** – Chicken Dinner; Mealtime; Bits o' Beef; Turkey & Giblets (not the Whiskas in gravy – the savory ground pate is grain and vegetable free, and the "chicken & tuna" works well for transitioning cats to canned)

\* **9-Lives** - Chicken Dinner, Supper Supper, Chicken & Beef Dinner, Chicken & Tuna Dinner, Turkey Dinner, Chicken & Seafood Dinner, Liver & Bacon Dinner, Prime Grill with Beef

\* **Happy Tails** – Chicken Dinner, Chicken & Tuna Dinner, Mixed Grill, Super Combo, Turkey & Giblets Dinner, Salmon Dinner (any of the flavors not in gravy) – This is Jewel's store brand - Jewel is a large grocery store chain in the Midwest

\* **Friskies** – Supreme Supper; Mixed Grill; Country Style Dinner; Poultry Platter; Turkey & Giblets Dinner

\* **Trader Joe's** – Chicken, Turkey & Rice; Turkey & Giblets; Oceanfish, Salmon & Rice; Tongol Tuna & Shrimp; Tongol Tuna & Crab; Seafood Medley; Tuna Dinner - All excellent for transitioning cats to canned food. The chicken and turkey flavors are usually

appropriate for regular feeding. Although the first three flavors contain grains, it is a small amount and seems tolerated by many of the diabetics and cats with gastro-intestinal disorders I have worked with. The first three flavors have a smooth texture similar to a/d, so they will work for syringe-feeding inappetant (those without an appetite) cats.

\* **Pro Plan** – Adult chicken & liver entrée; adult turkey & giblets entree

\* **Fancy Feast Gourmet Feast** – Almost all flavors in the gourmet feast line are low in carbohydrates (grain and vegetable free): Gourmet Chicken Feast; Gourmet Turkey & Giblets Feast; Tender Beef Feast; Tender Beef & Liver Feast; Savory Salmon Feast; Tender Chicken & Liver Feast; Beef & Chicken Feast; Chopped Grill Feast

\* **Fancy Feast Flaked** – Fish & Shrimp Feast (this is good for transition)

\* **Companion Naturals** — Brand sold at both Stop & Shop and Giant Supermarket (and are made by a top premium pet food company to high quality control standards)

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